

Registration Form

Name

Title

Company Name

Policy Number/Number of Attendees

Phone

Fax

Address

City

State

Zip

E-Mail Address

Registration

To Register by Mail

Send completed registration form to:

State Compensation Insurance Fund

Attn: Gina Fullon, Loss Control

303 Second Street, 6th Floor, South Tower

San Francisco, CA 94107

To Register by Phone

Call Gina Fullon at (415) 974-8166

To Register by Fax

Fax completed registration form to:

Attn: Gina Fullon (415) 344-5646

To Register by E-Mail

E-Mail registration form to: gfullon@scif.com



State Compensation Insurance Fund
Attn: Gina Fullon, Loss Control
303 Second Street, 6th Floor, South Tower
San Francisco, CA 94107

Free Seminar by
San Francisco District Office

STATE
COMPENSATION
INSURANCE
FUND

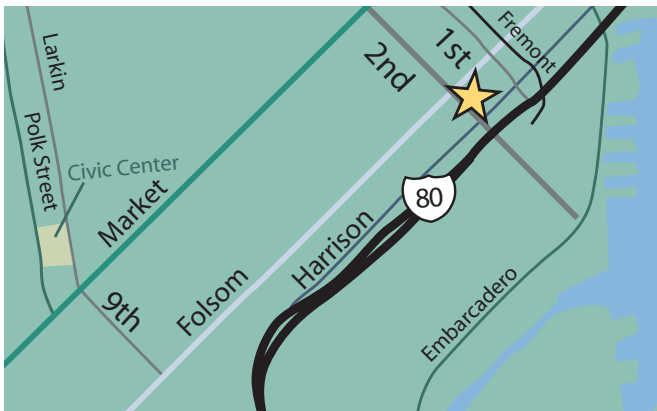
Basic Ergonomics

**Office Ergonomics &
Childcare Ergonomics**

**Wednesday,
November 8, 2006**

Located at the
San Francisco District Office

PRSRT STD
U.S. POSTAGE
PAID
Permit #688
Redwood City, CA



Wednesday, November 8, 2006

Registration and complimentary continental breakfast begins at 8:30 a.m.

Seminar is 9:00 a.m. -12:00 p.m.

State Compensation Insurance Fund San Francisco District Office

303 2nd St., 7th Floor, South Tower
San Francisco, CA 94107

Validated Parking Available
303 2nd St. Public Parking Garage

From Bay Bridge

Come across Oakland/Bay Bridge going west. Take Fremont Street exit. Stay right to Folsom Street, cross Folsom and go up 1st Street one block. Make a right on Harrison Street. Go 2 blocks on Harrison and just before the corner of Harrison and 2nd Street there is an underground parking lot on the right.

From SFO Airport

Take Hwy 101 north towards San Francisco Civic Center. Exit on 9th Street, make a right turn onto Folsom Street. Take Folsom to 2nd Street (underground parking located immediately past Quizno's to the right).

Golden Gate Bridge

Come across Golden Gate Bridge going south on Hwy 101. Exit on Lombard Street and proceed to Polk Street. Make a right on Polk. Take Polk to Folsom & 2nd Street (underground parking located immediately past Quizno's to the right).

From Bart

Take Montgomery Street exit and walk up 2nd Street to Folsom.

Introduction

Ergonomics is the study of the problems and the solutions associated with the interaction between the physical demands of work and the individual capabilities and limitations of the human body. When ergonomic principles are understood and applied, job productivity can increase and employee disabilities due to Musculoskeletal Disorders (MSDs) may be reduced.

Schedule

This seminar is made up of two parts. You may attend one or both parts. The first part (basic ergonomics) is appropriate for all employers. This core program deals with the basic principles of ergonomics from recognizing the risk factors that lead to injury to developing solutions and programs. Then, separate interactive workshops will take place focusing on the ergonomic challenges relating to office and childcare work environments.

Core Program :

9:00 a.m. – 10:45 a.m.

Basic Ergonomics

Learn the basic principles of ergonomics

Understand and identify the risk factors that lead to musculoskeletal disorders

Discover simple solutions to ergonomics problems

Develop an ergonomics program for your company

Concurrent Workshops :

11:00 a.m. – 12:00 p.m.

Office Ergonomics

Reduce ergonomic risk factors in the office

Implement effective changes

Increase employee satisfaction and productivity

Childcare Ergonomics

Reduce bending and stooping

Apply better lifting techniques

Apply practical ways of improving the childcare environment

Featured Speakers

Helen Chandler

Helen Chandler has been an Ergonomics Consultant for State Fund since October 2000. She is a Certified Industrial Ergonomist (CIE) and holds membership in the American Industrial Association, American Society of Safety Engineers, Association of Canadian Ergonomists, Human Factors and Ergonomics Society and the National Safety Management Society. Helen has a Bachelor of Science (B.Sc.) in Kinesiology from the University of Waterloo and a Diploma in Occupational Health & Safety from the British Columbia Institute of Technology in Canada.

Kristy Schultz

Kristy Schultz is an Ergonomics Consultant for State Fund. She is a Certified Industrial Ergonomist (CIE) and a member of the American Industrial Hygiene Association, American Society of Safety Engineers, Ergonomic Roundtable of Sacramento, and Human Factors and Ergonomics Society. Kristy received her Bachelor of Arts (B.A.) in Health Education from California State University, Chico, and gained a Master of Science (M.S.) in Human Factors and Ergonomics from San Jose State University.